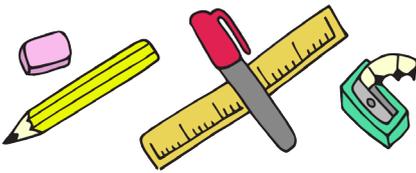


TOP TIPS

for dealing with

EXAM STRESS

1. Prepare things the night before



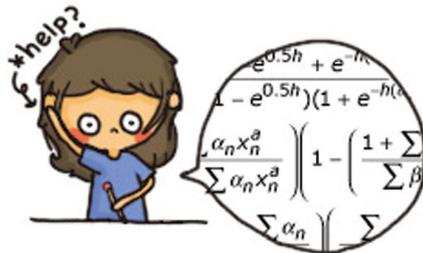
Make sure you have all your equipment, including pens that work and pencils that are sharpened. Put some spares in just in case.



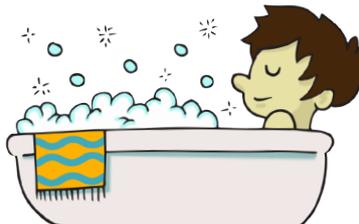
Go for a short walk the night before your exams, fresh air and exercise are a great way to clear the mind.



Make sure you have a healthy meal and plenty to drink before you go to bed. The brain works much more effectively when it is fed and watered.



Practise your breathing techniques as this can help to relieve the sense of panic that you may be feeling and help you to clear your mind.



Bathe and wash your hair before going to bed. Spend some time massaging your head in the shower, this will help you relax and sleep more peacefully.



In the days leading up to your exams do some gentle exercises with your wrists, hands and fingers to avoid writer's cramp. Get a stress ball that you can squeeze to get more strength into your hands/wrists.

2. Wake up your Body and Mind



A great way to do this is to put on music while you're in the shower and getting ready. The music will get your body energized. Sing along with the songs in your head or out loud and this will allow your brain to start processing information and warming it up to start remembering information.

It's very important that on the morning of your exam that you are focused on waking up both your mind and body, so that you are absolutely ready to take on a long test.

3. Eat a smart breakfast



Even if you're not a breakfast person, eating breakfast is essential before a long test. After all, this isn't just another day at school. Cereal can be a great source of calcium and fibre (depending on what cereal you eat). Toast, baguets, peanut butter and bananas will also keep your energy levels up during your exam.

4. Warm up your brain



While you're eating breakfast and getting ready during the morning, try to read something small and short. An article or part of a book is a good choice. This gets your brain in the mood for reading and processing.

5. Bring effective snacks



Plenty of water, and snacks like; grapes, bananas, oranges, raisins, cereal bars, yoghurts will all help to keep your brain functioning and your body energised. You must not skip lunch on exam days. It is vital to eat, to replenish the energy you have used in the exam, particularly if you are have more than one exam on the same day.

6. Allow plenty of time to get to school



If you are rushing or arrive late to school, this will increase your stress levels and undo all the positive preparation.

7. 'Piece of cake'



Stressed spelled backwards is desserts!
Follow these steps and your exams will be A PIECE OF CAKE!

In the Exam Hall

- Sips of water to keep hydrated.
- Breathe deeply and slowly which slows down the "stress response".
- Look at the first task or first question, read it and then read it again.
- Highlight key words in the question - what is it asking you to do!
- Plan your response.

AND REMEMBER TO BREATHE!



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